

WINNIPEG

metro®

NEWS
WORTH
SHARING.



**SEARCHING FOR A
NEW HOME OR
DESIGNING A BUILD?**

Our fabulous Mortgage
Rates start at only **2.44%**

Contact your nearest branch today!



**GETTING CUT WITH
A LITTLE NIP TUCK**

THE NUMBER OF MALE
ACTORS GOING UNDER
THE KNIFE FOR A
SUPERHERO'S PHYSIQUE HAS
INCREASED **PAGE 13**



Five ministers quit cabinet

Provincial politics. Rebel
five cites lack of faith in
Premier Greg Selinger

Quoted

**"(Selinger) is increasingly
being driven by his desire
to hold onto his leader-
ship rather than the best
interests of Manitobans."**

Finance Minister Jennifer Howard

Five senior cabinet ministers in
Manitoba resigned their posts
Monday, saying Premier Greg
Selinger has stopped listening
to them and cares more about
his own power than staying
true to NDP priorities.

"In recent weeks and
months it has become clear
to us that he is increasingly
being driven by his desire to
hold onto his leadership rather
than the best interests of Mani-
tobans," Finance Minister Jen-
nifer Howard said.

"In recent months, it's be-
come clear that if you are in
a position where you support
the point of view of the pre-
mier, that your priorities and
your projects move up the
queue ahead of what was once
a government plan and what
would be indeed the priorities
of Manitobans," added Theresa
Oswald, minister for jobs and
the economy.

Others resigning included
Health Minister Erin Selby,
Justice Minister Andrew Swan
and Municipal Government
Minister Stan Struthers. He was

finance minister when the gov-
ernment raised the provincial
sales tax to eight per cent from
seven last year.

Struthers hinted Monday
that the tax increase, which has
caused the NDP to drop in opin-
ion polls, was not his idea.

"What was our choice? We
were going to vote against our
own government? I wasn't pre-
pared to vote against a govern-
ment that has done so much
good work over the (last) 15
years for the people of Mani-
toba, so my vote was very much
in the spirit of supporting the
government I represented."

All five ministers said they
plan to stay in the NDP cau-
cus and run in the next elec-
tion, slated for April 2016. The
party's annual convention is set
for March and a leadership re-
view could be proposed.

See more coverage, page 3



Premier Greg Selinger talks to media Monday afternoon. JOHN WOODS/THE CANADIAN PRESS

*The best of
both bowls.*



Introducing NEW

Quaker® Harvest Warm
& Crunchy Granola.

All the satisfying warmth
of oatmeal, with the
delicious crunch of
granola. Simply add
milk, heat, and amazingly,
it stays crunchy all
breakfast long.



© PepsiCo Canada ULC, 2014



CULINARY ARTS & DESIGN

PREPARATION | BAKING | FOOD SERVICE | HOSPITALITY
COOKING | MENU PLANNING | LEVEL 1 APPRENTICESHIP TRAINING

SPACES STILL AVAILABLE FOR FEBRUARY 2015

← VISIT MITT.CA FOR MORE INFORMATION



MANITOBA INSTITUTE OF
TRADES AND TECHNOLOGY

THE WORK SCHOOL

Forum

Trauma takes centre stage

A two-day provincial forum on the effects of trauma and how to provide better health care to patients suffering trauma is taking place in Winnipeg.

About 300 clinicians and policy-makers are participating in the forum, which runs until Tuesday at the Delta Hotel.

Organized by the provincial government and health groups, the forum will explore new ways of integrating trauma-informed practices and policies into the health-care system.

Tim Wall, director of counselling services at Klinik Community Health Centre, said trauma is "an almost universal experience."

"The impact of trauma is far reaching and is often at the root of many of the social and public health problems that challenge our society," Wall said in a news release. **METRO**

Crime

Police bust St. John's grow-op

Police have a man in custody after a pot grow-op was raided in the St. John's area Saturday.

Officers found 43 pot plants, 6.5 pounds of dry pot, \$2,700 worth of growing equipment and \$2,160 in cash during a raid on the home in the 300 block of College Avenue.

Police estimate the dry pot and the plants to be worth just over \$64,000.

A 51-year-old man is charged. **METRO**



Mayor Brian Bowman, seen during a candidates' forum in September, will be sworn in Tuesday evening along with elected councillors as part of the 14th council of the City of Winnipeg. **BERNICE PONTANILLA/METRO**

Swearing-in to be broadcast online

City hall. Inaugural meeting of new council is invitation-only

The city's new mayor and council will be sworn into office during a special evening session of council on Tuesday.

The 8 p.m. inaugural meeting at city hall, which is invitation-only for council members'

family and friends, will be shown via Internet on the City of Winnipeg's website.

Michelle Bailey, a communications officer for the city, said the ceremony will be followed by a reception.

"It's the start of a new session of council," added Bailey.

"It's a very ceremonial thing and, to (council members), I'm sure it's a celebration as much as it is part of what the legislation (City of

Winnipeg Charter) requires."

While highly unlikely, newly elected Mayor Brian Bowman could — according to the charter — announce the members of the executive policy committee.

"There's nothing precluding that from happening (Tuesday)," said Bailey.

During the campaign, however, Bowman, who resigned as a Pitblado Law firm partner on Friday, pledged to have council

elect the members of EPC.

Joining Bowman as newbies to council are Marty Morantz, Cindy Gilroy, Jason Schreyer, Matt Allard, Shawn Dobson, Scott Gillingham and Janice Lukes.

Returning to council are Jenny Gerbasi, now the longest-serving member, Ross Eadie, Jeff Browaty, Devi Sharma, Mike Pagtakhan, John Orlikow, Brian Mayes and Russ Wyatt.

BERNICE PONTANILLA/METRO



Faculty bears new name

Coun. Devi Sharma, left, and MLA Dr. Jon Gerrard, right, stand with Drs. Daya and Chander Gupta as a sign bearing their names is unveiled at the University of Winnipeg's Duckworth Centre on Monday. The renaming of the faculty of kinesiology for the Guptas is a first for the downtown university. **BERNICE PONTANILLA/METRO**



Sweet surrender

Sarah McLachlan performs Monday night at the Centennial Concert Hall as part of her Shine On tour.

DAVID LIPNOWSKI/FOR METRO



Premier Greg Selinger looks on as Kevin Chief, centre, minister responsible for jobs and the economy and the City of Winnipeg, signs in during a ceremony of the new cabinet at the legislature on Monday. JOHN WOODS/THE CANADIAN PRESS

'Saddened' premier shuffles his cabinet

Ministerial exodus.
New replacements are much less experienced

Premier Greg Selinger shuffled his cabinet Monday after five ministers resigned from their posts.

Selinger released a statement in which he referred to "direct" conversations he had with the outgoing cabinet ministers last week.

"I made it clear: either focus on the priorities of Manitoba families as a part of our team or resign. I am saddened by the decisions they've made."

Selinger's chosen replacements are much less experienced. In order of precedence:

- Greg Selinger: premier, minister of federal-provincial relations, minister for skills strategy, minister responsible for francophone affairs.

- Steve Ashton: infrastructure and transportation, emergency measures.

- Dave Chomiak: mineral resources, administration of the Gaming Control Act.

- Gord Mackintosh: conservation and water stewardship.

- Eric Robinson: aboriginal and northern affairs, responsible for Manitoba Hydro, administration of the Community Economic Development Fund Act.

- Drew Caldwell: municipal government.

- Ron Lemieux: tourism, culture, sport and consumer protection; administration of the Liquor Control Act; responsible for Manitoba Lotteries Corporation Act.

- Peter Bjornson: education and advanced learning.

- Kerri Irvin-Ross: family services, housing and community development, responsible for persons with disabilities, re-

sponsible for status of women.

- Flor Marcelino: multiculturalism and literacy.

- Kevin Chief: jobs and the economy, responsible for the City of Winnipeg.

- Ron Kostyshyn: agriculture, food and rural development.

- Sharon Blady: health.

- Erna Braun: labour and immigration.

- James Allum: justice and attorney general, responsible for constitutional affairs, administration of the Manitoba Public Insurance Corporation Act.

- Greg Dewar: finance, responsible for the civil service; administration of the Crown Corporations Public Review and Accountability Act.

- Deanne Crothers: healthy living and seniors.

- Melanie Wight: children and youth opportunities.

THE CANADIAN PRESS

Canada adds \$30M to defences against Ebola

The federal government is spending an extra \$30.5 million on programs to shore up Canada's readiness to deal with Ebola in this country, Health Minister Rona Ambrose said Monday in Winnipeg.

While most of the money will be spent in Canada, Ambrose said \$3 million of that will go to the World Health Organization to help fund its efforts to fight Ebola in West Africa.

In addition, Ambrose said the government will launch a public education campaign this month on Ebola.

"We want Canadians to know the facts about Ebola, how the virus is transmitted, its symptoms and any other information they need to reduce fears of contracting the disease and reducing any stigma to returning aid workers," she said during a news conference at the National



Health Minister Rona Ambrose
SHANE GIBSON/METRO

Microbiology Laboratory.

Scientists at that lab have made major contributions to the search for vaccines and drugs against Ebola. Rotating teams of workers from the Winnipeg facility have been operating mobile diagnostic laboratories in Sierra Leone

since late June.

Ambrose started her remarks by praising the scientists and Canadian health-care workers who have volunteered to assist.

"Dedicated aid workers in the Ebola outbreak region in particular are putting their lives on the line to save others. And that is truly noble and commendable," Ambrose said.

The bulk of the money will be spent on research. Approximately \$23.5 million will pay for clinical trials of a Canadian-made Ebola vaccine and a type of treatment known as monoclonal antibodies.

Some of the money will be used to make supplies of both that can be used for clinical trials and can be stockpiled for use in Canada if the need arises, Ambrose said.

THE CANADIAN PRESS

North end

Teen charged with shooting one man, attacking another

Police have charged a teenager in the shooting of a man and the assault of another in the north end over the weekend.

Reports of gunshots brought officers to the 800 block of Manitoba Avenue around 3:15 a.m. Saturday.

A man shot in the upper body was taken to hospital in critical condition but later upgraded to stable. A second man was taken to hospital in stable condition for injuries sustained in an assault. **METRO**

Rossmere

Alleged party crashers charged after gunshot

Three people face charges after police say a gun was fired early Saturday when a suspect returned to a party he'd been kicked out of in the Rossmere neighbourhood.

Police were called to a home in the 200 block of Edelweiss Crescent around 7:30 a.m. where a 19-year-old man, who had been asked to leave after getting into a fight earlier, returned with two other people, one armed with a gun. Police say the gun was fired but no one was hurt. **METRO**

St. Mary and Carlton

Cops on hunt for groper on wheels

Police are looking for a suspect after a man on a BMX bike groped a woman in downtown Winnipeg early Saturday.

The 48-year-old victim was near St. Mary Avenue and Carlton Street around 7:30 a.m. when the man rode past and assaulted her in the lower body. He was last seen fleeing west-bound on Graham Avenue.

The suspect is white, in his twenties, with a medium build and short hair. He was wearing a baseball cap, dark jacket and black hoodie at the time. **METRO**

WE CAN FIX THAT!



where people send their friends

Corey's Computing

Unit 12A – 2188 McPhillips St
www.coreyscomputing.com

CALL TODAY!
204-586-7953

Nova Scotia. Mom at a loss for words about pin found in teen's Halloween candy

The mother of a 14-year-old Halifax-area girl who found a pin in her Halloween candy says she is at a loss to explain to her daughter why someone would do this.

Nancy Hayes said her 14-year-old daughter, Ariane Huot, had been breaking open the chocolate bars she collected while trick-or-treating on Halloween when she found a tailor's pin in a Wunderbar on Sunday and ran to tell her mother.

"It was scary," Hayes said Monday. "It's an urban legend. I heard that when I was a teenager and it's still the same story, but to find one? It's unbelievable."

After looking at the mini-chocolate bar more closely, Hayes said she noticed two holes in the wrapper and assumed someone had pushed the pin into the bar until it came out the other side, then pushed it back until it was encased in the chocolate.

Hayes said she was planning on asking the Halifax Regional Police what to do about the situation on Monday, but someone saw Huot's photo of the pin on Instagram and called the RCMP, who are now investigating.

When Huot asked her



The pin found inside the chocolate bar. CONTRIBUTED

mother why someone would do something like this, Hayes said although she's an adult "I still don't understand."

"If you hate Halloween, if you hate kids, just don't open your door," Hayes said. "You don't have to injure them, put their life in danger, just to make a point. And what point, that you can't trust anyone? We already know that."

She also felt "lucky" Huot was older and in the habit of breaking open candy before eating it, Hayes said, since a four- or five-year-old might have eaten the whole thing.

"I was pretty proud of her that she listened to me," she said. **HALEY RYAN/METRO IN HALIFAX**

Jun Lin murder trial

Magnotta heard voices, doctor says

Luka Rocco Magnotta was convinced in 2005 that he was being stalked and that voices in his head told him he walked like an ape, a Toronto doctor told his murder trial Monday.

Dr. Allan Tan testified that a psychiatrist had diagnosed the accused as manic depressive and mildly schizophrenic before Tan began seeing him in 2003.

Magnotta was also taking several psychotropic medications, had been hospitalized for manic depression and was being seen by a psychiatrist, said Tan, who was Magnotta's doctor until 2009.

Tan, who was responsible for dealing with Magnotta's general health issues, testified it was in 2004 when he first noted in his files that Magnotta said he was hearing voices. **THE CANADIAN PRESS**

Outbreak

Feds to invest over \$30 million to fight Ebola

The federal government is committing an extra \$30.5 million to programs devised to shore up Canada's readiness to deal with Ebola in this country.

Health Minister Rona Ambrose says the new funding also contains an additional \$3 million to help the World Health Organization in its efforts to fight Ebola in West Africa.

The bulk of the money will be spent on research into and production of Ebola vaccine and a type of treatment known as monoclonal antibodies — \$23.5 million of the funding will go to that work.

Ambrose says \$1 million will be used to cover the cost of placing additional quarantine officers in airports, and \$3 million will be used to enhance preparedness work in Canada. **THE CANADIAN PRESS**

Ghomeshi used CBC-owned phone to send graphic texts to women, source reveals

Ongoing scandal.

Broadcaster claims its ownership of phone refutes ex-radio star's claim he was let go due to his 'private life'

Jian Ghomeshi used a CBC-owned phone to send lewd text messages to women, a source has told Torstar News Service.

The public broadcaster believes its ownership of the smartphone refutes Ghomeshi's claim that he was fired because of how he conducted himself in his "private life."

"The contents of that phone belong to the CBC — it's the CBC's property," said a source familiar with the situation.

The source says Ghomeshi lied to CBC management when he was asked "eyeball to eyeball" about allegations of violent sexual behaviour being investigated by Torstar.

Ghomeshi showed texts and other material to CBC officials to bolster his claim, but the source said they were so shocked by what they read and saw that it had the opposite effect.

"(CBC) didn't know the scope of what they were dealing with," the source said, adding it is unclear whether CBC information technology staff have begun poring over Ghomeshi's work email account for other evidence.

It is also unclear whether



Workers scrape a wall that had a publicity photo of Jian Ghomeshi in the broadcasting corporation's Toronto offices on Oct. 27. A source reveals Ghomeshi used a CBC-owned phone to send lewd text messages to women. **CHRIS YOUNG/THE CANADIAN PRESS**

police, who announced Friday they are investigating Ghomeshi, are in possession of the phone. Toronto police spokesman Mark Pugash said police do not discuss details about an investigation.

Asked if CBC turned over the phone to police, spokesman Chuck Thompson told Torstar in an emailed statement that, "We are co-operating fully with Toronto Police Services."

Pugash said he had nothing to add to what was said at a police news conference Saturday, where it was revealed that three women have come forward with allegations against Ghomeshi.

Ghomeshi was fired on Oct. 26, after his CBC bosses

saw "graphic evidence that Jian had caused physical injury to a woman," CBC has said in an internal memo.

Since then, various media outlets have published the accounts of nine women accusing Ghomeshi of harassment, physical abuse and sexual assault. One of the women, a CBC employee, alleges that on one occasion on his way out of the Q studio, Ghomeshi approached her from behind and cupped her buttocks.

Ghomeshi has said that he will meet the allegations "directly" and has maintained in a Facebook post and through a \$55-million lawsuit against the CBC that all his sexual interactions have been consensual. **TORSTAR NEWS SERVICE**

Fallout

Polaris drops Ghomeshi from jury

The Polaris Music Prize has removed former host Jian Ghomeshi from its jury.

Ghomeshi had been among the 200-plus journalists, broadcasters and bloggers who annually vote on the \$30,000 award, given to the best Canadian album of the previous year.

THE CANADIAN PRESS

Ottawa attack. Sentry who stood guard with Cirillo to resume duties

The young corporal who was standing sentry alongside Cpl. Nathan Cirillo the day he was killed is set to return to duty — though he admits it won't be easy.

"I still believe Canada is a nation of peace where soldiers within its borders need not take up arms," Cpl. Brandon Stevenson said in a statement Monday. "My fellow soldiers and I remain proud and committed to watching over the Tomb of the Unknown Soldier as a strong, silent reminder of

every person who made the ultimate sacrifice."

Stevenson was at the National War Memorial on the morning of Oct. 22 when Michael Zehaf Bibeau killed Cirillo and then stormed onto Parliament Hill, where he died in a gunfight in the Centre Block.

Stevenson said he is still in shock and grieving the loss of his best friend, whom he'd known since Grade 9 and whose love of the military inspired him to follow in Cirillo's footsteps. **THE CANADIAN PRESS**



Floral tributes to Cpl. Nathan Cirillo sit at the National War Memorial in Ottawa on Oct. 23. Cpl. Brandon Stevenson, the young corporal who was standing sentry alongside Cpl. Nathan Cirillo the day he was killed, is set to return to duty. **SEAN KILPATRICK/THE CANADIAN PRESS**

Regina police probing Reddit post related to missing girl

Tamra Keepness. The five-year-old disappeared in 2004; on Sunday, a Reddit user posted a map implying her location

A cryptic post on Reddit claiming to know the whereabouts of a little girl who went missing in Regina has reignited discussions about the 10-year-old case.

On Sunday, Reddit user MySecretIsOut shared an image of a roughly sketched map on the Regina section of the website entitled, "Location of Tamra Keepness, check the wells."

Keepness was five years old when she disappeared on July 5, 2004 and was last seen in her home in the 1800 block of Ottawa Street. One commenter in the thread says they reported the post to the police.

Elizabeth Popowich, a spokesperson with the Regina Police Service (RPS), said the post would be treated in the same manner as previous tips.

"Our investigator is going to take a look at it and try and determine whether or not there is any credibility," said Popowich. "From there we'll take appropriate investigative action."

Both the RCMP and the Muscowpetung Saulteaux Nation, a reserve northeast of Regina the map appears to depict, have said they are aware of the situation. The original poster



Missing five-year-old Tamra Keepness
TROY FLEECE/THE CANADIAN PRESS

responded on Reddit Monday to clarify his or her intentions, stating the map belonged to their late grandmother, who had dementia.

"My reason for submitting it here is because I know Reddit is famous for getting the media involved," reads the comment. "I feel that any new information on this little girl's disappearance should be out in the open."

The user explains that the unnamed grandmother followed the Keepness case and obtained the map from her late sister.

"All she ever said was her sister in Alberta had given her a map that she (the sister) got based on visits to someone in a prison," states the comment.

MySecretIsOut also asks for anonymity as a safety precaution and claims to have contacted the RPS, RCMP and Crime Stoppers.

JACOB MORGAN/METRO IN REGINA



The appearance of a crude-looking map on social media site Reddit has Regina police investigating a possible new lead in a missing person's case that captured Canadians' attention more than 10 years ago. CONTRIBUTED

Potential damages

Woman suing Russell Williams can't target military pension yet: Judges

A woman pursuing a lawsuit against convicted sex killer Russell Williams can't go after his military pension for potential damages just yet, Ontario's highest court ruled Monday.

Williams, once a rising star in the Canadian Forces, was

sentenced to life in prison in October 2010 after pleading guilty to the murders of Jessica Lloyd and Cpl. Marie-France Comeau.

He reached an out-of-court settlement with some of his victims, but a suit by sexual assault victim Laurie Massicotte remains active. However, the panel of judges allowed Massicotte to amend her statement of claim to allege that the province of Ontario violated her charter rights to security and equality when police investi-

gated her assault in a manner "which placed the value of the criminal investigation above their duty to protect" her.

THE CANADIAN PRESS

2008 campaign

Del Mastro found guilty of exceeding spending limits

Former Conservative MP Dean Del Mastro has been found

guilty of exceeding spending limits during the federal campaign in 2008.

Del Mastro was also convicted of failing to report a personal contribution of \$21,000 to his own campaign and knowingly submitting a falsified document. He was found guilty on a fourth charge, but that charge was stayed. Del Mastro faces a maximum penalty of one year in jail, a \$1,000 fine, and the prospect of losing his House of Commons seat.

THE CANADIAN PRESS

Test Facial Moisturizers!

WOMEN WITH SENSITIVE SKIN NEEDED TO TEST FACIAL MOISTURIZERS

4 STUDY VISITS! USE THE PRODUCT AT HOME!

Hill Top Research is seeking healthy women with sensitive skin to test how well facial moisturizers work and how they feel. Women who complete this study will receive \$150 for their time & travel.

You may qualify if you:

- Are 25 to 62 years of age
- Are in general good health
- Have a history of sensitive skin on your face and have a history of your face being easily irritated by soaps, lotions or moisturizers
- Can participate in a screening visit, a visit the day after you start using the product, a visit a week after you start using the product and a visit 4 weeks after you start using the product.

Study Appointments available on: Nov. 13th and Nov. 15th

Follow Hill Top Research Winnipeg

Call Today
204-480-7426
studiesWPG@hill-top.com

HILL TOP RESEARCH

NEW MILLENNIUM LIBRARY SERVICE CENTRE NOW OPEN

Winnipeg Transit's Millennium Library Customer Service Centre, located at 251 Donald St. (corner of Graham and Donald) is now open. Service hours are Monday to Friday, 8:30 a.m. to 4:30 p.m.

CONVENIENT DART SERVICE

Try DART, the 'Dial-A-Ride Transit' service for residents living in selected areas of south and southeast Winnipeg. DART buses operate during off-peak hours only and are cellphone equipped. Call 204-287-3278 (BUS-DART) and speak directly to the bus operator to arrange pick up from your home to/from a transfer connection. Please call well in advance of your trip. All rides are scheduled on a first-come, first-served basis. Visit winnipegtransit.com or call 311 for more information.

GET INTO THE DOWNTOWN SPIRIT

The next time you and your friends are planning lunch at your favourite downtown restaurant, don't forget about the Downtown Spirit. The free shuttle service is a great way to travel to Winnipeg's most popular downtown destinations. There are three Downtown Spirit routes to serve you — for complete route and schedule information visit winnipegtransit.com or call 311.

GET MOBILE WITH BUSGUIDE

BUSguide is the mobile version of Winnipeg transit's award-winning website. You'll get the same great features and information in a format that is optimized for Internet-enabled mobile devices. Go to m.winnipegtransit.com.

DID YOU LOSE OR FIND SOMETHING ON THE BUS?

Call 311 or visit the lost property office at Winnipeg Transit's Downtown Service Centre located in Winnipeg Square.

PARK AND RIDE ... AND RELAX

Simply park your car at a Park & Ride location near you and take the bus to your destination. You'll enjoy the convenience and probably save a few bucks in gas while you're at it. Visit winnipegtransit.com for more information about the Park & Ride service.

SAVE SOME GREEN WITH AN ECOPASS

Talk to your HR rep about getting the EcoPass at your workplace. You and your fellow employees could save five per cent to 100 per cent on transit. Visit the website for more information.

EcoPass



Get to work on it!

winnipegtransit.com

Air war against ISIS not enough: Hollande

Gunman 'defiled' Parliament. French president pays tribute to Kevin Vickers, who took down attacker

Canada's Parliament was "defiled" last month when a gunman killed a soldier at the National War Memorial and stormed the Centre Block, says French President Francois Hollande.

But he suggested the air campaign in Iraq and Syria to fight the Islamic State in Iraq and al-Sham, or ISIS, won't be enough of a contribution.

"It won't be resolved with a few bombings," he said. "The bombings will not help us find political solutions."

Canadian fighter jets are part of the Western coalition fighting ISIS, as two CF-18s dropped bombs on ISIS targets near Fallujah, west of Baghdad, on the weekend. They are part of a six-month contribution that many analysts say could take much longer to defeat the ISIS threat.

Hollande addressed Parliament on Monday before scheduled visits to Montreal and Quebec City.

The French president also saluted Sergeant-at-Arms Kevin Vickers, the man who ultimately took down the attacker.

"This seat of democracy



Prime Minister Stephen Harper welcomes French President Francois Hollande Monday to Parliament Hill in Ottawa.

ADRIAN WYLD/THE CANADIAN PRESS

... was defiled on Oct. 22 by a terrorist-inspired attack, the ultimate goal of which was to attack the very idea of freedom, which this Parliament represents," Hollande said.

"I salute the courage of Kevin Vickers, who is known all across the world."

Earlier, the French president placed a wreath at the war memorial.

Prime Minister Stephen Harper touched on the attacks

on Parliament and the National War Memorial as he introduced Hollande to a special joint session of Parliament.

Harper told Parliament he and Hollande had discussed Russian President Vladimir Putin's aggression in Ukraine, the "urgency of dealing with climate change" and the ongoing Ebola crisis.

In his speech, Hollande said the world must act to reduce greenhouse gas emissions caused by fossil fuels.

Hollande noted Sunday's report by the United Nations Intergovernmental Panel on Climate Change that said climate change is almost entirely man-made and that it is neces-

sary to reduce greenhouse gas emissions to zero this century in order to limit the impact.

Hollande said the report was the work of "the highest scientific authorities" and that a "lack of action will lead to a disaster."

France will host the next major international climate summit in December 2015 and Hollande said he wants Canada's help.

Hollande said that he hoped that as Canada continues to develop its energy sector in the western provinces that it "will be fully committed in this fight against global warming."

THE CANADIAN PRESS

Air campaign against ISIS

"It won't be resolved with a few bombings ... The bombings will not help us find political solutions."

French President Francois Hollande

Canada's Iraq mission. Air force chief appears to suggest revenge at play

The commander of the Royal Canadian Air Force appears to be injecting a new element into the rationale for Canada joining the international air war in Iraq: revenge.

A photograph was posted to Lt.-Gen. Yvan Blondin's Twitter account Saturday that appears to be from the funeral of Warrant Officer Patrice Vincent, killed in October by a known jihadist.

Along with the photo,

Blondin wrote: "Dear ISIL, thinking of you. Some of my colleagues are in your area. Hopefully, they'll have a chance to drop by."

The tweet was deleted Monday afternoon.

On Sunday, two CF-18 jet fighters dropped laser-guided bombs near Fallujah, west of Baghdad, the first such Canadian activity in Iraq since the airstrikes were authorized. **THE CANADIAN PRESS**



A Canadian Forces CF-18 jet fighter from 409 Squadron taxis after landing in Kuwait last week. COURTESY DND-MND/THE CANADIAN PRESS

Russian support for separatist vote in Ukraine condemned by EU, U.S.

Rebel-organized elections. Violate Ukrainian law and undermine a two-month-old cease-fire deal: EU, U.S.

Moscow offered warm support Monday for rebel-organized elections in eastern Ukraine — an endorsement that could only serve to keep the West's sanctions against

Russia in place.

Pro-Russian separatist authorities said Sunday's vote, which saw two rebel leaders easily reconfirmed in their roles, gives them a powerful mandate to slip further from Ukrainian rule.

Plans for the election had been condemned by the European Union and the United States, which said it violated Ukrainian law and undermined a two-month-old cease-fire deal that has existed only on paper.

"The United States de-

plores and does not recognize yesterday's so-called separatist elections in eastern Ukraine, nor do we recognize any of the leaders chosen in this illegal vote," U.S. State Department spokeswoman Jen Psaki told reporters in Washington on Monday. "If Russia were to recognize the so-called elections, it would only serve to isolate it further."

Russia's Foreign Ministry indicated in a statement that it would refrain from supporting outright independ-

ence for the Donbass, as Ukraine's heavily industrial eastern regions are known collectively.

"In view of the elections, it is extremely important to take active steps toward promoting sustained dialogue between central Ukrainian authorities and the representatives of the Donbass," the Russian statement said.

A rebuke was swift in coming from Germany, which deems Russia's position on the vote in the rebel-held areas detrimental to the Sep-

tember truce deal signed in the Belarusian capital, Minsk. That accord envisioned local elections being held across the whole of the east and under Kyiv's supervision.

Chancellor Angela Merkel's spokesman, Steffen Seibert, said that because the elections weren't carried out in accordance with Ukrainian law they "can have no legal relevance" and will deepen the crisis.

The head of the election body in the main rebel city of Donetsk, Roman Lyagin,

said inescapable conclusions needed to be drawn from the polls.

"Kyiv has to come to terms with the idea that Donbass is not part of Ukraine," he said. "Whether they will recognize the result of our vote or not is Kyiv's problem."

Any hardening of secessionist views portends more unrest in the east, where more than 4,000 people have been killed in six months of fighting between government troops and rebel forces.

THE ASSOCIATED PRESS



Westminster Field of Remembrance to open for tribute

Crosses are seen planted by The Royal British Legion in a Field of Remembrance, after heavy rain in London on Monday. The Westminster Field of Remembrance outside Westminster Abbey, pays tribute to all the men and women who have served in the Armed Forces since the First World War, and it will be officially opened on Thursday. KIRSTY WIGGLESWORTH/THE ASSOCIATED PRESS

Dozens dead, missing

Migrant boat sinks off Istanbul's coast

A boat carrying suspected migrants from Afghanistan and Syria sank Monday off Istanbul's coast, leaving at least 24 people dead, the city's governor's office said. About a dozen people were believed to be missing, while six were rescued.

Coast guard vessels, divers and passing fishing boats were scanning the waters just north of the Bosphorus

Strait for more survivors. There were about 40 people on board the boat, the coast guard said. It was unclear what caused the vessel to sink or where it had set sail from.

Emrecan Kolcu, one of the fishermen involved in the search-and-rescue operation, said he headed to the area when another fisherman radioed that he had seen a body in the sea.

"...Everywhere was full of dead bodies. They had life vests on them," said Kolcu.

THE ASSOCIATED PRESS

Burkina Faso

Military promises to hand power to transitional leader

Burkina Faso's military said Monday it will hand over to a transitional government under a leader chosen by all sectors of society.

The military appears to be in control as the opposition dropped its demands for the military to cede power as the country struggled to fill the power vacuum created since

long-time President Blaise Compaore resigned last week and fled amid violent protests in which the opposition says 30 people were killed.

Lt. Col. Isaac Yacouba Zida, the military's designated leader, met with diplomats and African leaders and announced the country will be led by "a transitional body within the constitutional framework." Zida, the No. 2 in the Presidential Guard, did not specify if the proposed leader would be a civilian and did not provide a timetable.

THE ASSOCIATED PRESS

Mojave Desert. Spaceship broke apart after descent system deployed too soon

An experimental rocket ship broke apart in flight over California's Mojave Desert after a device to slow the space plane's descent deployed too soon, federal investigators said.

The cause of Friday's crash of Virgin Galactic's SpaceShipTwo has not been determined, but investigators found the "feathering" system — which rotates the twin tail "feathers" to create drag — was activated before the craft reached the appropriate speed, National Transportation Safety Board Acting Chairman Christopher Hart said.

The system requires a two-step process to deploy. The co-pilot unlocked the system, but Hart said the second step occurred "without being commanded."

"What we know is that after it was unlocked, the



Wreckage lies near the site where a Virgin Galactic space tourism rocket, SpaceShipTwo, exploded and crashed in Mojave, Calif., on Friday. THE ASSOCIATED PRESS

feathers moved into the deploy position, and two seconds later, we saw disintegration," Hart said.

THE ASSOCIATED PRESS

Suspected of killing two women. Hong Kong police charge British banker

Hong Kong police charged a British banker on Monday with killing two women, including an Indonesian whose body was found in a suitcase on the balcony of the man's upscale apartment, authorities said.

The killings have shocked Hong Kong, an Asian financial hub with a reputation as a safe city with a low rate of violent crime.

Rurik George Caton Jutting appeared briefly at a preliminary hearing at which he spoke only to confirm that he understood the two murder charges against him.

Police earlier said Jutting, 29, had called them to his apartment in Hong Kong's Wan Chai nightlife and red light district at 3:42 a.m. on Saturday.

THE ASSOCIATED PRESS

Moms with HIV did not give consent to be sterilized: Court

Namibia. Top court upholds 2012 ruling that health workers coerced HIV-positive mothers in labour to sign sterilization forms

Namibia's Supreme Court upheld a ruling that health workers sterilized HIV-positive women without their consent, a human rights group said Monday.

The 2012 judgment that was upheld had found health workers had coerced three HIV-positive mothers to sign sterilization consent forms they did not fully understand, and while they were in labour, the Southern Africa Litigation Centre said.

The centre said the ruling sends a message to the gov-

ernment to stop the practice in the southwestern African nation, and elsewhere.

"This decision has far-reaching consequences not only for HIV-positive women in Namibia but for the dozens of HIV-positive women throughout Africa who have been forcibly sterilized," Priti Patel, the centre's deputy director said in a statement.

Sterilization is a drastic tactic to treat HIV-positive women, as mother-to-child transmission of HIV and AIDS can be prevented with medication.

Namibia's high court will assess how much money the three women should be awarded, according to the centre. The women had all sought care at government hospitals in Namibia while in labour. One woman signed a form that used only

Forced sterilization

Since the case was filed in 2009, dozens of women have told stories of similar experiences at public hospitals.

- **Namibian Women's Health Network.** The organization first began documenting allegations of forced sterilization in 2007.
- **250,000 Namibians infected.** Ten per cent of the population is living with HIV.

acronyms to describe the procedure, while another signed after being told she didn't have a choice, the centre said.

THE ASSOCIATED PRESS



Russia removes Jobs memorial

A girl touches the screen showing a portrait of Steve Jobs on the recently erected memorial to the late Apple Corp. co-founder in St. Petersburg. The six-foot tall interactive memorial at Techno Park at the St. Petersburg National Research University of Information Technologies, Mechanics and Optics has been taken down in response to last week's announcement that the CEO of Apple, Tim Cook, is gay.

DMITRY LOVETSKY/THE ASSOCIATED PRESS

ISIS

Militants publicly execute 36 Sunnis

Islamic State of Iraq and al-Sham (ISIS) militants shot and killed 36 Sunni tribesmen, women and children in public Monday, an Iraqi official and a tribal leader said, pushing the total number of members slain by the extremists in recent days to more than 200.

Sheik Naim al-Gaoud, a senior figure in the Al Bu Nimr tribe, said the militant group killed 29 men, four women and three children, lining them up in the village of Ras al-Maa, north of Ramadi in Anbar province.

The tribal leader said 120 families were still trapped there.

THE ASSOCIATED PRESS

Accidental shooting

Boy, 4, shoots sister, 3, in head

Police say a three-year-old Ohio girl is in critical condition after being shot in the head by her four-year-old brother, who found a gun in a dresser.

The shooting occurred around 10 a.m. Sunday in Lorain, about 48 kilometres west of Cleveland. Police say the two children were playing alone in a bedroom when the boy found a loaded .40-calibre handgun.

A police report says the father was holding the three-year-old girl in his arms when officers arrived. The report says the four-year-old boy was crying and repeatedly told an officer he was sorry. THE ASSOCIATED PRESS

Costa Concordia

Dismantlers find remains believed to be those of missing waiter

The company dismantling the Costa Concordia cruise ship says workers have discovered human remains believed to be those of the last missing crew member.

The Ship Recycling company said the remains were found Monday in a cabin on the ship's eighth deck. The remains were being turned over to Italian authorities for identification.

The Concordia capsized after hitting rocks near a Tuscan island in January 2012, killing 32 people. All have been accounted for except an Indian waiter.

THE ASSOCIATED PRESS

Sierra Leone. Fifth doctor dies of Ebola, UN moves to double staff in region

A doctor in Sierra Leone has died of Ebola — the fifth local doctor in the West African nation to die of the disease, authorities said Monday.

The death of Dr. Godfrey George, medical superintendent of Kambia Government Hospital in northern Sierra Leone, was a blow to efforts to keep health-care workers safe.

George's death was announced by Dr. Brima Kargbo, Sierra Leone's chief medical officer. Doctors and nurses have been particularly vulnerable to contracting Ebola, as the virus is spread through bodily fluids.

At the United Nations in New York, Ebola coordinator Dr. Peter Salama of UNICEF said

the UN children's agency would double its staff from 300 to 600 in Guinea, Liberia and in Sierra Leone, where children make up 20 per cent of all Ebola cases. About 4,000 children have been orphaned by Ebola, he said.

More than 5,000 people have died during the outbreak, with twice as many infected.

Sierra Leone's health-care system was already fragile before the Ebola epidemic because of past conflict and a lack of resources. The country had two doctors for every 100,000 people in 2010, compared to about 240 doctors for the same number of people in the United States, states the WHO.

THE ASSOCIATED PRESS



Health-care workers load a man suspected of being positive for Ebola onto an ambulance, in this file photo taken Sept. 24. A Sierra Leone doctor died Monday from the disease. TANYA BINDRA/THE ASSOCIATED PRESS

downtown winnipeg

FARMERS' MARKET

FALL EDITION

MANITOBA HYDRO
PLACE GALLERY

(360 Portage Ave.)

NOVEMBER 6 & 13

10AM - 4PM

For more info visit:
downtownwinnipegbiz.com

downtown
WINNIPEG BIZ

Manitoba
Hydro



One World Trade Center dominates the lower Manhattan skyline, Monday, in this view from Jersey City, N.J. THE ASSOCIATED PRESS

New World Trade Center rises from the ashes in NYC

Post-9/11. Skyscraper now open for business in Lower Manhattan, following the terrorist attack 13 years ago

Thirteen years after the 9/11 terrorist attack, the resurrected World Trade Center has opened for business — marking an emotional milestone for both New Yorkers and the nation.

Some staffers of publishing giant Condé Nast began working at 1 World Trade Center on Monday. The 104-storey, \$3.9-billion US skyscraper dom-

Iconic skyline

“The New York City skyline is whole again, as 1 World Trade Center takes its place in Lower Manhattan.”

Patrick Foye, executive director of the Port Authority of New York and New Jersey, which owns both the building and the World Trade Center site

inates the Manhattan skyline. The publishing giant becomes the first commercial tenant in America's tallest building.

It's the centrepiece of the 16-acre site where the decimated twin towers once stood and where more than 2,700 people

died on Sept. 11, 2001, buried under smoking mounds of fiery debris.

Patrick Foye, executive director of the Port Authority of New York and New Jersey, which owns both the building and the World Trade Center site, said the agency began moving into neighbouring 4 World Trade Center last week.

He said 1 World Trade Center “sets new standards of design, construction, prestige and sustainability; the opening of this iconic building is a major milestone in the transformation of Lower Manhattan into a thriving 24-7 neighbourhood.”

THE ASSOCIATED PRESS

Is it the beginning of the end for the concierge?

Hotels don't want guests to have to linger at the front desk — or even stop by at all.

New programs are helping speed up the check-in process for busy travellers, or in at least one case, letting them go straight to their rooms by using their smartphone to unlock doors.

The innovations are still being tweaked as hotels scramble to catch up to airlines. Flyers today use their phones to check in, select seats and serve as a boarding pass. Hotels envision a similar relationship, with guests ultimately ordering poolside drinks via an app.

Starwood Hotels and Resorts on Monday became the first chain to let guests unlock doors with their phones. The feature is available at only 10 Aloft, Element and W hotels but will expand to 140 more properties in those brands by the middle of next year.

Hilton Worldwide is the only other hotel chain to publicly acknowledge plans for mobile room keys — which it



New smartphone technology could bring about the death of the traditional hotel check-in. KATHY WILLENS/THE ASSOCIATED PRESS FILE

plans to roll out at the end of 2015 at some U.S. properties. Hilton won't say how many hotels will be included, except that the service will be available at four of its brands — Hilton, Waldorf Astoria, Conrad and Canopy.

“Guests want this because it makes their lives simpler,” says Mark Vondrasek, who oversees the loyalty program and digital initiatives for Starwood. “The ability to go right to your room gives them back time.”

Other hotel companies are finding other ways to stream-

line the arrival process.

Marriott International launched the ability to check in through its app at 330 North American hotels last year. By the end of this year, the program will be live at all 4,000 hotels worldwide.

When a room becomes available, a message is sent to the guest's phone. Traditional room keys are pre-programmed and waiting at the front desk. A special express line allows guests to bypass crowds, flash their IDs and get keys. THE ASSOCIATED PRESS

Instagram in Canada

Fast, beautiful way to share ads?

Facebook's popular Instagram photo-sharing app will start running ads in Canada soon.

Some users may have already seen a message from Instagram with a heads-up that advertisements will soon be displayed in their streams.

It was about a year ago that Instagram started sprinkling ads into user streams in the U.S.

THE CANADIAN PRESS

Shomi the catch ...

Streaming service only for Rogers, Shaw customers

The new streaming service Shomi is being launched by Rogers and Shaw today. Seen as a competitor to Netflix, Shomi will debut with nearly 12,000 hours of content to stream — mostly TV shows — for \$8.99 a month.

Only Rogers and Shaw customers can sign up for the service at first.

THE CANADIAN PRESS

Market Minute

DOLLAR
88.05¢ (-0.67¢)

TSX
14,537.62 (-75.70)

OIL
\$78.78 US (-\$1.76)

GOLD
\$1,169.80 US (-\$1.80)

Natural gas: \$4.04 (+\$0.03)
Dow Jones: 17,366.24 (-24.28)

WATCH THE WE DAY BROADCAST

PREMIERING ON

MTV: Tuesday, November 11, 2014 at 5 p.m. PT | 8 p.m. ET

CTV: Saturday, November 22, 2014 at 4 p.m. PT | 7 p.m. ET



MADE POSSIBLE BY



BROADCAST PARTNER



WEDAY.COM

FAST DENTURES

LET US PUT A SMILE ON YOUR FACE!

(204)-947-1807

Room 702 Boyd Medical Centre
388 Portage Avenue

FULL & PARTIAL DENTURES • RELINES & REPAIRS WHILE YOU WAIT

DON'T BE MIFFED THAT I BROUGHT A GIFT

I hate to brag, but I think I've mastered the art of attending other people's weddings.

I arrive on time to bridal showers and make small talk with great aunts. I know to buy the expensive cards with 3-D paper designs (none of that dollar-store crap). I post an appropriate amount of Instagram snapshots and always remember to include the official wedding hashtag.

Yes I'm kind of a pro when it comes to watching couples tie the knot. But there are three little words that still throw me off no matter how many nuptials I attend: "Monetary Gifts Appreciated."

As the 2014 wedding season draws to a close, I've noticed that these cash requests are becoming an increasingly popular trend for modern brides and grooms.

And it makes sense, of course. With so many couples marrying later on in life and living together before they walk down the



SHE SAYS

Jessica Napier

metronews.ca

aisle, traditional household items are usually already taken care of, which makes cold hard cash the more practical and desirable gift.

And yet, there's just something about giving cash at a wedding that makes me uncomfortable. It's like saying: "Congratulations, you guys. I love you this exact dollar amount and not a penny more."

Couples often choose to dress up their money grab as a collection fund for a meaningful goal, such as a honeymoon or a down payment.

Some even send out an "Ask for Cash" poem along with their invites. The cutesy verses are designed to nudge guests into pulling out their cheque books rather than buying a toaster oven: "Thanks for coming to our bash; instead of gifts, please bring us cash!"

But even if you make it rhyme; cash demands seem out of line. A big fat cheque might make you happy; I just think it's awfully

tacky. And if I decide to bring a gift, it really shouldn't make you miffed.

I get it. Weddings aren't cheap and financially savvy couples are smart to try and get a return on investment from their friends and family.

However, there's something a bit crass about slapping, "No Boxed Gifts" and other not-so-subtle suggestions on your wedding invite.

Perhaps I'm in the minority here. Writing a cheque is certainly easier and less time-consuming than spending the afternoon at Pottery Barn combing through a gift registry.

But I just hate feeling like I'm paying an admission price to watch a couple say, "I Do".

I'm happy to cough up hundreds of dollars in wedding-related costs for close friends and family.

But when I do, I want to buy something meaningful to commemorate the couple's special milestone. I don't want to stuff a wad of bills into an envelope to help them pay off the DJ at the end of the night.

The donkey barber



Mohamed Mustafa, right, clips the mane of a donkey as his father, Mahmoud, left, holds an ear at their makeshift barbershop in Cairo, Egypt. Mahmoud is one of Cairo's donkey barbers, a unique trade in the region, an expert in trimming and styling horses, camels, mules, sheep, goats, dogs and donkeys.

MAYA ALLERUZZO/THE ASSOCIATED PRESS

Bringing beauty to beasts of burden

In the shadow of Cairo's medieval aqueduct, Mohamed Mustafa teaches his five-year-old son the family's trade, one shear at a time.

Mohamed is one of Cairo's donkey barbers, an expert in trimming and styling horses, camels, mules, sheep, goats,

dogs and donkeys. He is a third-generation qassasseen, the Egyptian Arabic term for animal barber, and his grandfather worked in Cairo's Abdeen Palace.

Mohamed's father, Mahmoud, taught him the trade and now, near Old Cairo along the road following the aqueduct, he teaches the craft to his son Mustafa.

It is a profession often looked

down upon in Egyptian society, as he works with the beasts of burden that still roam modern Cairo's streets, pulling carts filled with vegetables or loads of trash from neighbourhoods.

But workers rely on the animals and take pride in them, getting them haircuts or having their fur shaved with designs or their initials ahead of major holidays.

THE ASSOCIATED PRESS

Dangerous work

Mohamed traces to a scar across his right jaw with a finger missing its first joint.

- "One horse bit my finger off, another horse hit me here," Mohamed says, pointing to a scar on his jaw.

MetroTube



Taking the Internet by storm



ANDREW FIFIELD

andrew.fifield@metronews.ca

There's a lot to be said for natural talent, and this kid has got it. Asked to guest-host the Halloween night weather forecast on WGN Chicago's Friday Forecasters segment, your boy here showed up dressed like Lionel Messi and ready for prime time. (WGN News/YouTube)



SCREENGRAB

Twitter

We asked readers to write a caption for this penguin robot photo:



THE ASSOCIATED PRESS

@Vanstonel: Okay, this new guy has wheels... but can he dance? #HappyFeet

@thejimpster: And whatever caption wins... PLEASE get Morgan Freeman to read it. #MarchOfTheRobotPenguins

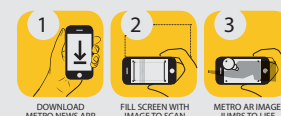
Check out the other answers @metropicks.



SEE THE NEWS COME ALIVE
WITH METRO AR

To see these pages spring to life, download or update the Metro News app and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.
2. Hold your device over any image that has the AR logo near it. Wait for the green scan bar to read the image!
3. Voilà! You should see the AR in action.



DVD review



A Most Wanted Man

Director. Anton Corbijn

Stars. Philip Seymour Hoffman

Philip Seymour Hoffman tragically died of a drug overdose in February, days after the premiere of Anton Corbijn's *A Most Wanted Man*, a spy thriller based on a John le Carré novel.

Hoffman leaves us with a quality film that showcases his tremendous depth and range as an actor. He's convincing in both voice and bearing as Günther Bachmann, chief of a German anti-terrorist squad in Hamburg, the port city where the Sept. 11 attacks were hatched. He's determined to prevent another such disaster.

More of an espionage procedural than standard-issue spy thriller, *A Most Wanted Man* doesn't always make the best use of its impressive cast including Robin Wright, Rachel McAdams and Willem Dafoe.

The One I love

Director. Charlie McDowell

Stars. Mark Duplass, Elisabeth Moss

You might imagine you're hearing *The Twilight Zone* theme throughout *The One I Love*, and there's no surprise when a reference is made to it.

Mark Duplass is Ethan, the dull husband of Sophie, played by *Mad Men*'s Elisabeth Moss. The couple used to do wild things together, but time, and Ethan's cheating, has tamed their life and dimmed their passion. They're offered a chance to "reset the reset button" by their marriage counsellor (Ted Danson), who sends them to a private retreat that has done wonders for clients.

Director Charlie McDowell and screenwriter Justin Lader raise both smiles and pulses with their impressive feature debut. **PETER HOWELL**

New country artist nominee takes the road less travelled

Music. Dark horse singer-songwriter Brandy Clark finds her own path to CMAs

The year's most buzzed-about new country artist is one most country fans may never have heard on the radio.

Brandy Clark, an openly gay artist who sings, amongst other things, about pot-smoking housewives, had almost given up on becoming performer herself, despite writing hits for headliners like The Band Perry and Miranda Lambert. But her debut album, *12 Stories*, which peaked at No. 23 on Billboard's Top Country chart, took her on a slow-burning path to this year's nomination for new artist of the year at the Country Music Association Awards on Wednesday.

"I had been passed on a lot," said Clark, 37, during a recent interview at her management office on Music Row in Nashville. "I think it's because I didn't really fit what is a mainstream country artist. I was over 30 and over a size 2. I was kinda more your average woman than your average supermodel, which is why my music resonates, though."

To call her a dark horse in the awards show is somewhat of an understatement. She's the only female artist in the new artist category and her album didn't get one single on the country charts. While the rest of country music is awash in good-time party feelings, she's singing dark,



Singer Brandy Clark SHORE FIRE MEDIA

Quoted

"I didn't really fit what is a mainstream country artist ... which is why my music resonates though."

Brandy Clark

edgy tales about infidelity, divorce, murderous lovers and painkiller addiction.

Clark also shares a songwriting nomination with Kacey Musgraves and producer/songwriter Shane McAnally for song of the year for *Follow Your Arrow*, a song that was censored during last year's television airing of the CMA Awards for a mention of "roll up a joint."

"Like I said early on to my

manager, my music is Showtime and HBO," Clark said. "And I'm going to always keep it Showtime and HBO."

But she's also got a lot going in her favour. *12 Stories*, which came out in 2013 on the independent label Slate Creek Records, was named one of the year's best albums by several national music critics and Warner Bros. plans to re-release it. Her most vocal supporters are heavy hitters like Musgraves and Eric Church, for whom she's currently opening on tour.

"I think with or without a nomination, what Brandy does is so strong on its own that it can't help but reach people," Musgraves said in an email interview. "It's just too good. But it makes me really

happy to see people like her getting the recognition and nominations that are so wildly deserved for our genre."

And while Clark is not the first gay artist to be nominated — most notably singer Chely Wright had multiple CMA nominations before coming out in 2010 — Clark said if people want to believe she's breaking down boundaries in country music, she's glad to take on that role.

"I feel so fortunate to be in a time where I am embraced completely as who I am and I don't have to hide who I am in any way," Clark said. "I hope that we've broken some boundaries and things are changing. I feel very included in the country music community." **THE ASSOCIATED PRESS**

Streaming. Taylor Swift breaks up with Spotify

Like most days as of late, today is an important one if you're a Taylor Swift fan. First, the singer not only announced all the dates of her North American tour, but also that the opening act will be singer-songwriter Vance Joy. But she also unexpectedly pulled all her music off of Spotify, the popular music-streaming service.

When Swift released 1989 last week, Spotify users could stream the album without buying it. Not anymore. And Spotify is not happy about it. The company released the following statement about the breakup:

"We love Taylor Swift and



Taylor Swift GETTY IMAGES FILE

our more than 40 million users love her even more ... We hope she'll change her mind and join us in building a new music economy that works for everyone. We be-

lieve fans should be able to listen to music wherever and whenever they want, and that artists have an absolute right to be paid for their work and protected from piracy. That's why we pay nearly 70 per cent of our revenue back to the music community.

PS — Taylor ... there's more than 40 million of us who want you to stay, stay, stay. It's a love story, baby, just say, Yes." Spotify is also attempting to woo her back with specially curated playlists. But surely Swift gets it. This isn't her first breakup.

EMILY LAURENCE/
METRO IN NEW YORK CITY

Taylor Swift's Canadian dates

Taylor Swift is coming to Canada, but not until 2015.

- July 6: Ottawa at Canadian Tire Centre.
- July 7: Montreal at Bell Centre.
- Aug. 1: Vancouver at B.C. Place Stadium.
- Aug. 4-5: Edmonton at Rexall Place.
- Oct. 2-3: Toronto at Rogers Centre.

- Opening acts: Shawn Mendes and Vance Joy.

2 SCENE



Selena Gomez ALL PHOTOS GETTY IMAGES

Orlando, Selena and Justin: Who's dating who again?

It's been a bit since Selena Gomez's well-intentioned friends have expressed their concern about her attachment to on-again, off-again boyfriend Justin Bieber, so let's refill that tank, alright?

Gomez is supposedly dating noted Bieber sparring partner Orlando Bloom now, but her friends are worried her heart isn't really in it.

"She is absolutely not

into Orlando, because she is still obsessed with Justin and always will be," a source tells Radar Online. "Everyone is really sick of hearing the same old story. Nothing changes with them. She gets back with him, he lies, he gets caught, she gets upset and then tries to make him jealous. She needs to just let go." Or maybe these friends need to take their own advice.

Surprise! Thor co-stars are in Avengers sequel after all

Avengers: Age of Ultron is apparently going to be an all-hands-on-deck kind of affair. Idris Elba let slip in a recent interview that he and Thor co-star Tom Hiddleston had filmed a scene for the superhero sequel with Chris Hemsworth.

"I'm in Avengers," Elba tells the Telegraph. "And I'm doing a scene with Chris Hemsworth and Tom Hiddleston and they're like, (whispers) 'Aren't you (meant to be DJing) in Ibiza?'"

It sounds like it's just a cameo, which makes sense and wouldn't necessarily mean Hiddleston was lying when he told me a year ago that Loki wasn't going to be in the Avengers sequel, which didn't even have an official title at that point anyway. "It was expected, to be



Idris Elba

honest, that Joss (Whedon) told me he wasn't going to put me in it," Hiddleston said at the time. So then I'd imagine hearing the opposite came as something of a surprise.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Heigl goes from rude to reasonable

NED EHRBAR
Metro in Hollywood

Katherine Heigl has a new TV series debuting in a couple of weeks, which means she's doing lots of publicity — which in turn means she has to deal with a lot of media and fan inquiries about her "difficult" reputation. Like in a recent Facebook Q&A session when a fan asked Heigl about "rumors that you're very rude."

Boy, this should be good. "Yeah I've heard those too," Heigl responded. "Honestly, I don't think I am. Nothing makes me more uncomfortable

able than confrontation or hurting someone's feelings, and I would never, ever actively do so on purpose.

"Of course, just like any human being, I've made mistakes and unwittingly or carelessly spoken or acted, but I always try to make any wrong right.

"That doesn't mean I won't stand up for myself by drawing boundaries and asking to be treated kindly and respectfully, but I don't do that with any rude or unkind intentions, just with the same strength and honesty I think every one of us is entitled to."

Dang it, if she's going to keep being so reasonable, this isn't going to be any fun. Now what do I do? Mock her for ending a sentence with a preposition? Sheesh.



Kanye West

Guess which hip-hop star thinks he's the Lord Grantham of L.A.?

Kanye West wants to name his new, \$20-million US Los Angeles home after the fictional home on Downton Abbey. Because of course he does. West, a noted master of subtlety and understatement, "wants the home to resemble Downton in its grandeur and regalness, and there will be a sign naming it Highclere

Castle," a source tells the Sun. "Kanye loves calling (wife Kim Kardashian) 'lady.' He basically thinks he's an even cooler version of Lord Grantham."

It could be worse, I suppose. Just imagine if he'd been watching a lot of He-Man instead and wanted to call it Castle Grayskull.

How to get uninvited from a Hollywood baby shower

Social media can be a tricky thing when it comes to pregnancy. The last thing you want is a friend beating you to the punch in letting the world know, but that may be what happened to Jessica Biel.

Weeks of speculation that she and Justin Timberlake are expecting were seemingly confirmed when Biel's pal, InStyle editor-in-chief Ariel Foxman, posted an Instagram photo of her and Biel together with the caption, "Congrats @jessicabiel on your impending motherhood. Looking forward to the



Jessica Biel

red carpet maternity style pix to come."

The post was soon removed, but not before a lot of people noticed. Looks like someone's been disinvented to the baby shower.

Twitter



@ElizabethHurley

Early evening in Mumbai and the view across Marine Drive is as magical as ever.



@pattonoswalt

CBS passed on my "weightlifter & herbal laxative CEO team up to fight crime" pitch. DM me if you wanna read the pilot for "Pump & Dump."



@KellyOsbourne

#ThatAkwardMoment When you're watching TV with your dad & a sexy erectile dysfunction commercial comes on! #Silence



ALL PHOTOS CONTRIBUTED

Is the secret behind a super body a surgeon's scalpel?

Cosmetic procedures. There has been an increase in the number of men going under the knife for chiselled abs or perfect pecs

EVA
KIS
Metro in New York City

Between the uber-sculpted uniform of today's Batman to the bona fide god Thor having his own franchise, pressure is ramping up on Hollywood's leading men to look capable of the feats their characters perform.

But while action stars talk up their gruelling training and special diets, there may well be another kind of body-shaping professional whose work will go unacknowledged, says Dr. Brent Moelleken.

The Beverly Hills plastic surgeon took part in Superhero Bodies, a new documentary by RealSelf, the online community for elective surgery, about how the demands of modern superhero roles are pushing actors to their physical limits — and the effect that's having on American men.

The number of cosmetic procedures being performed on men has risen 273 per cent in the last 16 years, according to the American Association of Aesthetic Plastic

Surgery, with liposuction and ab-sculpting being the most common in 2013.

"The trend toward being ultra-fit is more so there than ever," he says.

"It used to be a man could get by with a pot belly and graying sideburns and look distinguished. But now that's not enough — in order to make it in Hollywood, you have to be cut. That really mirrors what's going on in society."

We asked Moelleken about where reality ends and fantasy begins.

How real is what's on-screen?

Celebrities are a fantasy. And the fantasy is not just one individual; it's a company. These celebrities are companies, they have a whole entourage around them that depend on maintaining that image. Celebrities generally won't admit to anything, and I think it is to continue this mystique of what it is to be a celebrity.

When does plastic surgery come into the picture?

As people enter their 30s and definitely their 40s, and with 100 per cent certainty.

In their 50s, people have to get work done to continue to look youthful and vibrant and natural. It's inevitable ...

To be in that A level, the superhero level, you really need to be on your

Super costs

According to an estimate from RealSelf, the online community for cosmetic surgery, the average man would need 11 procedures adding up to \$76,950 US to get the modern superhero look, from the strong chin to bulging quads.



best game. But once people hit 35, your best game may not be enough — and that's where plastic surgery comes in.

You have to be realistic in your expectations, right? Sometimes people come in

with that preconception, but then you talk to them and you tell them, 'Gosh, no, that's really not how it works.'

We can improve on what you have, but we can't make you into Hugh Jackman if you're not already close to

Hugh Jackman to begin with.

For some stars, can steroids and human growth hormone also enter the picture?

They're willing to do anything to succeed, and that's an important lesson for people who are aspiring to have bodies like the superheroes.

There may be a price to pay for that, in degeneration of your health, kidney problems, hip problems. Long-term steroid use is very hard on you.

While the men seeking plastic surgery in your office tend to be the older partner in a relationship and want to look the right age, what else is driving ordinary men to get plastic surgery?

Almost every job has a sales component to it. You have to sell something: You sell yourself if you're a politician or a company president, if you're an idea man or a film producer.

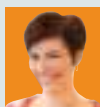
You walk into a room and people are assessing you — and usually the people at the table assessing you are in their 30s now. They're the ones who have worked as interns, worked their way up and now suddenly they're in positions of leadership. And if you walk into the room looking old and irrelevant, you're not gonna get that job.

3
LIFE

Reach into the fisherman's net for a warming catch of the day

Health Solutions

Master a nourishing meal with these tips



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

The French dish called bouillabaisse serves up a brothy stew chock full of fish.

I had the distinct pleasure of enjoying the Italian-American version called Cioppino at Geraldine Bistro in Toronto. This version, set in a tomato-white wine broth was topped with a homemade mayo that rounded out the flavours.

Eaten with a spoon so that each piece of soft, tender fish can be slurped and each mussel enjoyed, the remaining broth is meant to be dipped into using hearty, chewy bread.

Can you think of any more nourishing, comforting fall meal? Me neither.

Here are some tips for making your own at home.



- Start with a hearty jarred tomato sauce. It will create the foundation.
- Cook onions in a hot skillet and deglaze the pan with a good, sweet-ish white wine and reduce by boiling to reduce and concentrate the flavours and eliminate the alcohol.
- In the absence of fish stock, use clam juice, but be careful not to simmer to reduce any further. It can be quite salty.
- Cook any shellfish in broth, covered first and then top with fish. Cover to semi-simmer, semi-steam.
- Choose at least three different kinds of fish and feel free to ask for any trims and end cuts to economize. You don't need large pieces, — just mouthfuls.
- A homemade mayo is simple, but choose the best jarred version you can find, containing real ingredients, and stir in fresh minced garlic to fake it.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



**START TO FINISH
20 MINUTES**

This recipe serves four. THERESA ALBERT

Cioppino. This fishy stew boasts delicacies such as salmon, cod, shrimp, mussels and a mayo-based topping

THERESA ALBERT
myfriendinfood.com

This dish comes together in about 20 minutes and is a great

way to get a bowlful of brain boosting omega-3s and essential lycopene from tomatoes.

1. Sauté onions and garlic in olive oil for 5 minutes. Add white wine and boil for 5 minutes uncovered. Add tomato sauce, basil and clam broth. Cover tightly, bring to a boil.

2. Add mussels and simmer covered for 5 minutes. Add remaining fish, cover and cook for 5-8 more minutes. Meanwhile, mix topping ingredients.

Ingredients

- 1 medium onion, chopped
- 1 garlic clove, minced
- 1 tbsp extra virgin olive oil
- 1/2 cup white wine
- 2 cups tomato sauce
- 1/4 tsp dried basil
- 2 cups clam broth
- 8 mussels, shelled
- 8 raw shrimp
- 1/2 lb cod fillet (or other firm white fish)
- 4 oz salmon fillet

Topping

- 1/4 cup mayonnaise
- 2 tbsp plain Greek yogurt
- 1 clove fresh garlic, minced
- 1 tbsp fresh lemon juice
- Pinch cayenne pepper

3. Divide into large bowls and top with topping. THERESA ALBERT

(@THERESAALBERT ON TWITTER AND FOUND AT MYFRIENDINFOOD.COM)

Crostini with meaty textures

Looking for a great appetizer? How about classic crostini?

This recipe calls for salting and draining eggplants and tomatoes, an essential step to remove excess water and produce not only a meatier texture, but also concentrated flavour. Roasting vegetables caramelizes their natural sugars, further deepening the flavours. The result is rich.

The naturally sweet Eggplant-Tomato Crostini gets tied together with balsamic glaze and Parmesan.

1. Heat the oven to 450 F. Line a rimmed baking sheet with foil and coat with cooking spray.

2. In skillet over medium heat, cook onions with drizzle of oil and a pinch of salt, stirring regularly until caramelized, 20 minutes. If onions begin to stick, add a teaspoon of water.

3. Meanwhile, in a mesh strainer over the sink or a bowl, combine the eggplants and tomatoes. Sprinkle in several hefty pinches of salt, then toss light-

ly. Allow to sit for 15 minutes to drain excess liquid. Spread the mixture on the prepared baking sheet and drizzle with olive oil. Roast for 15 to 18 minutes, or until tender and browned.

4. In bowl, combine eggplant, tomatoes and caramelized onions. Spoon mix onto slices of toasted French bread, then drizzle with balsamic glaze and sprinkle with black pepper. Top with some of Parmesan cheese and watercress. Serve immediately. THE ASSOCIATED PRESS

Ingredients

- 2 large yellow onions, quartered and sliced
- Extra-virgin olive oil
- Kosher salt
- 2 small eggplants, diced
- 1 pint cherry tomatoes, halved
- Toasted, sliced French bread
- Balsamic glaze, to serve
- Ground black pepper
- Parmesan cheese, to serve
- Watercress, to serve



This recipe serves six. MATTHEW MEAD/THE ASSOCIATED PRESS

CONTINUING EDUCATION

Updating skills can open doors

Courses can be a catalyst in succession planning in any job

When employees upgrade their skills, they are putting themselves in line for a better job or a new career, higher pay and opportunities for growth. "More growth within communities means more families can remain together because they aren't forced to go elsewhere for work," says Rachel Kuipers, the acting manager of alternate delivery at Nova Scotia Community College's Halifax head office.



SHUTTERSTOCK

For many people, continuing education courses are ideal because they are offered part time.

"This also allows people who aren't sure if they're ready to commit to a full-time program to test the waters by taking one or two courses," says Kuipers, who oversees NSCC's

continuing education programs.

Pam Swales began her career at NSCC's facilities department. Although she enjoyed the work, it was physically demanding and she knew it wouldn't be a lifelong career. Although she was nervous because she lacked a high school diploma and she was in the 45 to

55 age range, she enrolled part time in NSCC's office administration program, taking classes in the evening, on the weekend and online.

After earning her GED and her NSCC certificate this summer, Swales started working at the college's campus bookstore.

"Completing this post-secondary certification program was one of the key components of my being hired at the bookstore," she says.

People who enrol in continuing education courses can be any age, from underemployed millennials to mid-career employees looking to stay current in the job market to curious seniors.

"Our youngest student is 20 and our oldest is 64 and taking a home inspection certificate course," says Debbie Gordon, the director of the professional development division of Dalhousie University's College of Continuing Education.

Continuing education courses can be a catalyst in succession planning in any profession.

"The No. 1 asset in any company or organization is human capital," Gordon says. "For employers, when their employees take continuing education courses, it fuels opportunities for them to look within their own organization when it's time to promote."

—Jane Doucet



Northwest Law Enforcement Academy student Doug Bilyk with Harry Troche, senior liaison recruitment officer. CONTRIBUTED

STUDY PART TIME AT NORTHWEST

Doug Bilyk didn't want to spend the rest of his life wondering "if" or "I should have done that," so he enrolled in the Northwest Law Enforcement Academy part-time diploma program.

He realized that he had many personal strengths, such as great observational and communication skills and knew he could be a great officer given the chance.

"I've always been drawn to the law enforcement field because I always felt like I had the proper skill set to make a difference," Bilyk says. "I just never got the opportunity to get into the field, so here I am, an adult learner motivated to finally going after my chosen career path."

Bilyk says he is happy about his decision

to enrol part-time at Northwest Law Enforcement Academy as a mature student, and would recommend the program because of the real-world experience of the instructors and the small class sizes.

"I firmly believe that Northwest will help me by giving me the proper academic knowledge and practical tools which will give me an advantage over others who may not be otherwise prepared," Bilyk says.

Bilyk says he aspires to be employed in Canadian Border Services, but also sees many opportunities in other organizations such as police, corrections or the RCMP.

For more information, call toll free 1-866-953-8300, or visit northwestlaw.ca.

WIDE RANGE OF TOPICS TO STUDY

RRC SCHOOL OF CONTINUING EDUCATION

If you are looking to upgrade a skill, learn a new talent or position yourself for career advancement, then Red River College's flexible delivery options will help you get there.

The Red River College (RRC) school of continuing education covers a wide range of topics, from culinary arts to communications, to business, health sciences, and trades.

All of these courses have been designed for people who want to learn a new skill or improve one, with flexible delivery options.

"Those working full time and can't afford to stop working, evening and online courses allow them to keep their jobs while they earn their credentials," says Vera Godavari, communications, RRC.

When it comes to pursuing personal and/or professional educational goals, location and scheduling are no longer the obstacles they once were with courses through RRC.

"Online delivery allows you to learn when and where it's convenient for you," Godavari says. "Transform the drive time to college

PROGRAMS MATCH YOUR SCHEDULE

RRC offers 17 programs that can be completed by distance education, covering subjects from accounting to writing. This flexible delivery model has been designed to match your schedule.

into time for work, family, and other activities."

RRC is offering a wide variety of personal and professional development courses this winter, either online or in class. Learn to cook, learn to manage projects, develop financial plans, or possibly write the next Giller Prize book.

"We may never be chefs, but a little help in the kitchen will make you look and feel more confident," Godavari says.

"And it may encourage you to try more



CONTRIBUTED

advanced culinary adventures."

RRC develops relevant courses and programs to help students succeed in their career and/or move up to a new one.

For those looking for professional development, RRC programs are certification-aligned to provide students with the

recognized credentials aimed at enhancing individual productivity, marketability and value.

"Our programs help our grads stand out and get hired," Godavari says.

For more information on RRC continuing education courses or programs, visit rrc.ca.



Register now to advance your career!

We offer:

- Innovative and relevant programming
- Flexible learning options: in-class, online or on-site
- Hands-on learning and practical skills
- Instructors with industry experience
- Industry-recognized certification

Download or pick up your copy of the 2015 Winter Course Schedule today!

Visit rrc.ca/coned for more information.

Explore your options.

204.694.1789 or 1.866.242.7073 | cde@rrc.ca | rrc.ca/coned



CONTRIBUTED

Learning doesn't stop after graduation

Wellington College offers regular massage workshops

Wellington College is the only massage therapy school that offers regular continued education workshops for registered massage therapists in Manitoba.

"Continued education is extremely important to our makeup as we realize that the learning process doesn't stop after graduation," says Brie Timings, associate director and workshop co-ordinator, Wellington College. "As an advocate for the advancement of the massage therapy field, we continue teaching both our alumni and graduates of other massage therapy programs new and exciting material in the field of massage."

Wellington College offers more than 20 continuing education workshops in a variety of topics, which are based in three streams: Spa therapies; sports massage; and rehabilitation. These workshops can vary in length from one to five days.

In the next few months, Wellington College will be hosting a number of exciting workshops to enhance the skills of any massage therapist.

These workshops include: Lymphatic integration for the massage therapist, Nov. 7-9; understanding the pregnant pelvis, labour and delivery, Nov. 14-16; and Vodders basic therapy, Feb. 18-22, 2015.

"As workshop co-ordinator, I am always open to hearing suggestions from registered massage therapists in the field as to what it is they are looking to add to their arsenal of tools in practice," Timings says.

With the input of registered massage therapists, Timings say she is looking forward to adding additional workshops to the 2015-16 school year.

Wellington College also offers a number of workshops to the general public, including the always popular intro to massage therapy on Feb. 21, 2015. Also available to the public is the organic cream creations workshop on Nov. 8.

For more information about these workshops, or to register, visit wellingtoncollege.com and click on the alumni tab.

Wellington
COLLEGE

your future is in your hands

call 204.809.9985

or visit massagetherapycareers.ca

A HEALTHIER COMMUNITY

Health-care aide (HCA) professionals tend to wear many hats.

As a vital member of the health-care team, these professionals have been trained to work in a number of different health-care settings and assist in the care of those in need of care.

At Herzing College, students of the five-month HCA program are taught the necessary hands-on skills and knowledge for employment within HCA facilities, home-care settings and hospitals.

"If people are properly cared for by our trained graduates there will be less demand on our health-care system," says Wade Slater, career development specialist, Herzing. "The difference in the community is an overall healthier one."

One unique aspect of the Herzing program is the relationship with local organizations.

One of these organizations is Direct Action in Support of Community Homes (DASCH), a non-profit dedicated to exploring and meeting the residential, day program, respite and

foster care needs of youth and adults.

"DASCH is an important partner to Herzing College because they employ our graduates and give them the opportunity to apply the knowledge they learned in school and during their on-site clinical experience," Slater says.

On Nov. 14, from 12:30-2 p.m., HCA students are invited to attend a free information session on opportunities for a career with DASCH. Students may reserve their spot by emailing lwill@herzing.ca.



CONTRIBUTED



Amy Palmquist. CONTRIBUTED

PACE can help you set yourself apart from others

Amy Palmquist scored a touchdown with her new job with the Winnipeg Blue Bombers after completing her studies in the public relations marketing management diploma program from PACE (professional, applied and continuing education) University of Winnipeg.

Palmquist joined the Blue Bombers in August after completing her program internship with the team and has started

climbing the corporate ladder — she is now the festival, events and operations assistant for the 103rd Grey Cup festival.

"I am very proud to say I work for the Blue Bombers," Palmquist says. "They are very involved in the community — they can move mountains here."

After graduating with a bachelor of arts (BA) from the University of Winnipeg, Palmquist decided to enrol in the public

relations marketing management diploma program to set her apart from other BA graduates.

"Everyone has a BA and is looking for a job," Palmquist says.

She received the hands-on training she was looking for from instructors who were dedicated to the success of each student. And each instructor brought their own network of valuable industry contacts to the classroom, which came in handy for Palmquist.

"I hate to call them instructors — they are more like mentors," Palmquist says.

For more information about this program at PACE University of Winnipeg, please visit pace.uwinnipegcourses.ca.

TRY OUR NO-RISK TRIAL PERIOD.



Health Care Aide

Community Support Worker

Computer Network Technology

Legal Assistant

Radio & Television Broadcaster



HERZING
COLLEGE
204.775.8175 • herzing.ca/winnipeg



THE UNIVERSITY OF
WINNIPEG

Professional, Applied and
Continuing Education

Ready for your DREAM JOB?

Learn more about the programs at PACE and how PACE can help you land your Dream Job?

Add that career finishing to your previous education or begin a new educational journey.

**Full-time, part-time and online
program options available.**

*We will help you tie all the pieces together
and make your education count!*

PACE.UWinnipeg.ca



DISCOVER · ACHIEVE · BELONG
204-982-6633

BHOLD certificate empowers designers

University of Manitoba

The post-baccalaureate certificate in blended hybrid and online learning design (BHOLD) offered through the University of Manitoba is an exciting program for instructional designers who want to improve their skills and competencies for developing fully online, hybrid and blended courses.

"Delivering quality online education enables most institutions to reach students who are unable to attend face-to-face classes and also to attract geographically distant local and international students," says Ben Akoh, program director.

"The certificate empowers instructional designers to make bold decisions and certainly plugs the gap in designing and delivering quality online content for a broader audience."

Blended courses combine face-to-face and online delivery methods, while hybrid courses are delivered fully online combined with a synchronous session. The courses will help students understand design theories, acquire research skills, and master development styles that can be applicable for delivering quality

online, blended and hybrid courses.

"Through a thoughtful integration of Internet technologies students explore practical considerations that informs their current and future design practice," Akoh says.

Students can expect an online program that is tailored to their own context.

"The curriculum has been carefully designed to address emerging and potential skills that instructional designers would need for designing courses in the 21st century," Akoh says. "The program combines both practical and theoretical concepts that allows students to challenge their assumptions and to generate their own philosophies and beliefs about the effectiveness of online, blended and hybrid learning."

At the end of the program, students, supported and carefully mentored by expert instructional designers, will design a high-quality course that is relevant to their own context.

Upon completing the program, students will be able to work as instructional designers, content specialists, course developers, instructional technologies, trainers in industry, and in government and non-profit sectors.

For more, call 204-474-6685 and speak to an adviser, or visit umanitoba.ca



CONTRIBUTED



**CONTINUING
EDUCATION**

Employers recognize
and respect a University of Manitoba credential,
and all classes are taught by **industry experts**
with **hands-on experience** in their fields.

"Extended Education has allowed me to connect with like-minded professionals who share my passion for continuous learning. It has given me the confidence to apply to other positions that will advance my career." -

Toni Hanson
Records and Information Management graduate

Visit umanitoba.ca/extended/coned
to view our courses and certificate programs

Extended Education



UNIVERSITY
OF MANITOBA

Thanks to the Manitoba Tuition Fee Income Tax Rebate...

It pays to stay in Manitoba.

For information about saving up to \$25,000 on your Manitoba income tax, visit manitoba.ca/tuition



Staying close to friends and family. Owning your own home at a price you can afford.

A tax rebate that allows you to save up to \$25,000 on your Manitoba income tax. There is no better time to build your future here at home.

Find out how you can receive a tax rebate for up to 60% of your tuition, as much as \$2,500 a year.

That extra cash will go a long way to paying back your student loans, saving for a house, or maybe even starting a family.



To claim your savings, simply complete the T1005 form when you file your Manitoba income tax.

**STEADY GROWTH
GOOD JOBS**

Manitoba



CONTRIBUTED

Income tax rebate can help pay for education

Manitoba's tuition fee income tax rebate helps young people build their futures here at home.

By providing post-secondary graduates with a 60 per cent income tax rebate on their eligible tuition fees, the Manitoba tuition fee income tax rebate helps young people pay for their education while they live and work in Manitoba.

Students who graduated with a degree, diploma or certificate from a post-secondary institution recognized by the Canada Revenue Agency on or after Jan. 1, 2007, and now work and pay taxes in Manitoba can benefit from the Manitoba tuition fee income tax rebate.

It doesn't matter if their post-secondary training took place in Manitoba or elsewhere.

Graduates may be entitled to receive up to a 60 per cent income tax rebate on tuition

fees paid to a maximum benefit of \$25,000.

Here are some examples of what this rebate could mean to you:

Sample tuition fee of \$40,000 (\$24,000 with a 60 per cent rebate); sample tuition fee of \$25,000 (\$15,000 with a 60 per cent rebate); sample tuition fee of \$5,000 (\$3,000 with a 60 per cent rebate).

Post-secondary students, who are residents in Manitoba, can apply for a five per cent refundable tuition fee income tax rebate advance while they are going to school.

Graduates can claim their tuition fee rebate on their personal income tax return. Simply complete the T1005 — Manitoba tuition fee income tax rebate.

To find out more about how Manitoba's tuition fee income tax rebate or the advance can help students put money in their pockets as they put down roots in Manitoba, call the Manitoba tax assistance office at 204-948-2115 or toll-free 1-800-782-0771.



Minnesota

Molitor climbs to top of coaching ladder with Twins

The Twins said Monday they will hire Paul Molitor as manager, giving the Hall of Fame infielder and Minnesota native a three-year contract with a team coming off four straight seasons of 92 or more losses.

Molitor, 58, will be introduced at a news conference on Tuesday. He replaces Ron Gardenhire, who was fired five weeks ago.

Molitor, who has the 10th-most hits in major-league history, spent 2014 as a coach on Gardenhire's staff. Prior to that, he served for 10 seasons as a minor-league instructor in the organization. Molitor was an initial candidate for the job that last opened in 2001, when Tom Kelly retired and Gardenhire was chosen. **THE ASSOCIATED PRESS**

Chicago

Cubs formally unveil Maddon as new manager

The Cubs think Joe Maddon is the right manager for their promising roster.

Chicago introduced Maddon during a news conference Monday at a bar across the street from Wrigley Field, which is undergoing renovations. The 60-year-old takes over for Rick Renteria, who was fired after leading Chicago to a 73-89 record in his only season as a major-league manager.

Maddon managed Tampa Bay for nine seasons before he opted out of his contract last month.

THE ASSOCIATED PRESS

Jets streaking after consecutive shutouts

NHL. Winnipeg next has chance to avenge home-opening loss against Predators

The Winnipeg Jets are soaring back to the MTS Centre for another crack at the Nashville Predators.

Nashville spoiled the Jets' home opener last month with a 2-0 shutout, but Winnipeg will have renewed confidence for Tuesday's rematch after returning from a road trip with seven of a possible eight points.

It included back-to-back 1-0 shutouts in New York and then Chicago from both their goalies.

The Jets (6-5-1) are still not scoring a lot of goals themselves — and they got some timely help Sunday night from the goalposts in Chicago — but they're using their youth, size and strength and finding ways to win.

"That was kind of the theme of the third period in New York," said coach Paul Maurice after the win in Chicago.

"Starting to win some of the ugly battles and not expecting the game to be smooth and when we embrace that and just play like a good solid grinding team, eventually our offence will come."

But it all starts with goaltending, he said, which is not news to Jets fans.

The Jets have given up 26 goals in their first 12 games and scored just 22. That deficit in their goal differential is



The Jets are coming off of back-to-back 1-0 victories. Michael Hutchinson, pictured, stopped 33 shots for his first career shutout on Sunday in Chicago. JONATHAN DANIEL/GETTY IMAGES

something that has plagued the team for years and kept them out of the playoffs.

Sunday's win was a huge confidence booster for Michael Hutchinson, the rookie from Winnipeg's farm team, brought in to back up Ondrej Pavelec this season. He got the job after playing three good games for the Jets at the tail end of last season, winning two of them.

He was yanked early in his only other start this season, a 4-1 loss in Los Angeles on Oct. 12, and with more back-

Quoted

"We're still able to get points and that's the main thing."

Jets goalie Michael Hutchinson on the team's inability to score in bunches

to-backs coming (two more in November alone) and the need in general to give Pavelec a breather, feeling some confidence in their No. 2 is a must for the Jets.

Pavelec has regularly been

one of the hardest-working netminders in the NHL based on his ice time and this season is shaping up to be no different. He sits second only to New Jersey's Cory Schneider right now.

The shutout not only boosted Hutchinson's confidence in his abilities but the team's confidence as well.

"The guys will see Hutch going into the net with the full belief we've got a chance to win the game," Maurice said.

THE CANADIAN PRESS

Super Series a path to selection camp



The Erie Otters' Connor McDavid, right, is Canada's star attraction for the world juniors. DENNIS PAJOT/GETTY IMAGES FILE

Keeping up with the pace and playing solid two-way hockey will count for more than scoring goals at the Subway Super Series, says the head coach of Canada's team for the World Junior Hockey Championship.

Benoit Groulx considers the six-game series that pits Canada's major junior leagues against a visiting team from Russia as a prime chance to evaluate players and decide who will be invited to the team selection camp.

"First of all, we're going to face a very good Russian team,"

Groulx said Monday. "It's an opportunity for our guys to show us how they can adapt to that level and the style of hockey we want to play."

"It's not about showcasing themselves by scoring goals or only playing one way. It's about playing our style. It's a great opportunity for us to see who can adapt to that level of hockey."

There is extra attention on the Canadian team and its star attraction, Connor McDavid of the Erie Otters, with the world juniors to be held Dec. 26 to Jan. 5 in Montreal and Toronto.

Canada has not won gold since 2009 in Ottawa.

The Super Series has an all-star team from the Western Hockey League facing the Russian national juniors Nov. 10 in Saskatoon and the following night in Brandon, Man.

The Ontario Hockey League stars play them Nov. 13 in Peterborough, Ont., and Nov. 17 in Kingston, Ont., while the Quebec Major Junior Hockey League faces the Russians Nov. 18 in Bathurst, N.B., and Nov. 20 in Rimouski, Que.

THE CANADIAN PRESS

BREAKFAST FORECAST

Warm with a 100% chance of crunchy.

Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

3	5	4	1	6	9	8	7	2
8	7	1	2	5	3	9	4	6
9	2	6	8	7	4	3	1	5
2	8	3	5	9	1	4	6	7
1	4	9	6	8	7	5	2	3
5	6	7	4	3	2	1	9	8
4	1	8	7	2	5	6	3	9
6	3	2	9	1	8	7	5	4
7	9	5	3	4	6	2	8	1

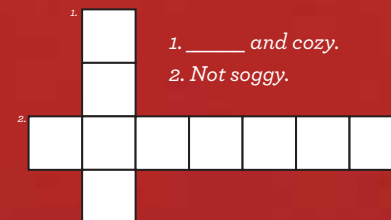
Conceptis Sudoku

By Dave Green

			1	6	9			
	7			5			4	
9		6				3		5
2								7
1	4						2	3
5								8
4		8				6		9
	3			1			5	
			3	4	6			

©2013 Conceptis Puzzles, Dist. by King Features Syndicate, Inc.

BONUS CROSSWORD



1. _____ and cozy.
2. Not soggy.

Horoscopes by Sally Brompton

Aries

March 21 - April 20

Don't take anything for granted over the next few days. The approaching full moon means that someone you are involved with business-wise may well be saying one thing while doing another.

Taurus

April 21 - May 21

A touch of realism is needed today, both on a creative level and in affairs of the heart. You don't want to be unkind, but you realize it is better to be blunt than misunderstood.

Gemini

May 22 - June 21

There are two ways you can deal with a problem: the quick way that calms things down in the short-term but does not guarantee it won't return; or the long way that takes more effort but is more effective. You know which is best.

Cancer

June 22 - July 23

A creative or romantic problem may seem to have no answer because you are looking at it from a negative angle. Raise your sights and it will quickly become apparent what needs to be done.

Leo

July 24 - Aug. 23

You need to find a better balance between your home life and your work life. Loved ones will give you the support you need but only if you are prepared to find time in your busy schedule to ease their doubts and fears.

Virgo

Aug. 24 - Sept. 23

A minor disagreement could escalate with alarming rapidity over the next 24 hours. The sad fact is some people are ridiculously touchy, so watch what you say and how you say it.

Libra

Sept. 24 - Oct. 23

You may be in a position today to help a friend resolve a dispute of some kind but unless they directly ask you to get involved you are strongly advised to keep your distance.

Scorpio

Oct. 24 - Nov. 22

The more someone tells you that your plans are not likely going to work out the more determined you will be to see them through to completion. You feel you have something to prove.

Sagittarius

Nov. 23 - Dec. 21

Plans made over the weekend may have to be changed or abandoned as reality sets in. The simple fact is you do not have the time or the resources to do what you said you would do.

Capricorn

Dec. 22 - Jan. 20

How hungry are you for success? If you are typical of your birth sign you are very hungry indeed and what you achieve between now and the end of the year will be little short of extraordinary.

Aquarius

Jan. 21 - Feb. 19

Watch out you don't upset people whose support you are going to need. No matter what happens, at work or in your private life, keep a cool head and keep telling yourself it will all come good in the end. It always does.

Pisces

Feb. 20 - March 20

It may seem as if some kind of barrier is too big for you to find a way around but don't give up. The approaching full moon will cause a number of things to come crashing down and maybe that barrier will be one of them.



The best of both bowls.

AUGMENTED REALITY

Stuck on 12 Across?
Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.



→ See the full instructions on Metro's Voices page.

Yesterday's Crossword



Online

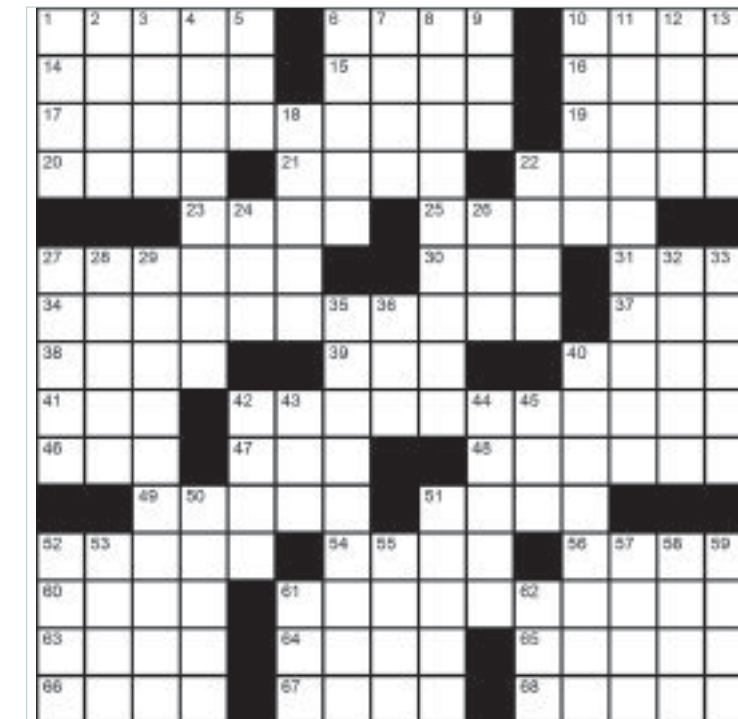
See today's answers at metronews.ca/answers



Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Gettin' ___ Wit It by Will Smith
6. Terpsichore, in ancient Greek mythology, for one
10. ___ artist
14. Range
15. Caspian Sea country
16. Fashion magazine
17. Calgary neighbourhood
19. Gomer ___ (Jim Nabors role)
20. Saturday Night Live alum Horatio
21. "I ___ you so!"
22. Possessed, in ye olden days
23. Aahs' friends
25. Say "Cheese!"
27. Agnes Moorehead television role
30. Famous King, commonly
31. Healthy retreat
34. What Newfoundlanders are according to the Canadian Kennel Club: 2 wds.
37. Mr. Aykroyd
38. Ancient Greece's love god
39. Own, to a Scot
40. Telecommunications speed unit
41. Knock
42. Cariboo Gold Rush town in BC founded in 1862, a National Historic Site of Canada
46. ___ Na Na



47. LummoX
48. ___ corpus
49. 1960s jacket style
51. ___-O (Pudding alternative)
52. Prefix to 'derabrasion' (Facial treatment)
54. ____. (Line above the equator)

56. Notion
60. Horton Hears ___! (2008)
61. Disbelief
63. Well
64. Actress Ms. Malone
65. Waltz, in Paris
66. About: 2 wds.
67. Scheme

68. Halifax-born actress Ms. Page
- Down**
1. Fighter's pokes
 2. Opera singer Ms. Petina
 3. ___ and bear it
 4. "I'm quaintly surprised!"
 5. Charlottetown

- Airport code
6. Canadian tennis player Mr. Raonic
7. The ___ Mountains (Range in Russia)
8. Architecture: Calgary's historic buildings material
9. Cease
10. Floral leaf

11. Horse from Scotland
12. "___ fair in love..."
13. ___ the Parents (2000)
18. Mr. Hawke
22. Billboard chart-toppers
24. "___ quit!"
26. Java holder
27. Pitchers
28. Music's Ms. Jones
29. Berth a boat: 2 wds.
32. 1963 Billboard chart-topper: Hey ___
33. Mountains in South America
35. "___ and Oates" (Folk duo comedy, on MuchMusic)
36. Cartoonist Mr. Browne
40. The Quiet Crooks band from Toronto
42. Fashion style, ___-chic
43. Swiss river, variantly
44. Scarlett's love
45. Ms. Bertinelli, to pals
50. Eat away
51. Kyoto locale
52. Wise Men
53. Victor's holler!: 2 wds.
55. Ms. Horne
57. ___ pickles
58. Latin 'being'
59. Sermon word
61. Sex and the City star ...her monogram
62. 'Select' suffix

Introducing NEW Quaker® Harvest Warm & Crunchy Granola. All the satisfying warmth of oatmeal, with the delicious crunch of granola. Simply add milk, heat, and amazingly, it stays crunchy all breakfast long.



»» NEW ««



Birchwood
AUTOMOTIVE GROUP

Birchwood
TIRES

SHOP FOR TIRES ONLINE AT
BIRCHWOODTIRES.CA 

1 SEARCH FOR TIRES **2** CHOOSE YOUR TIRES **3** SCHEDULE INSTALL

Seasonal Tire Storage

Free up space in your home or business!

See dealerships for details.



Birchwood
WHEEL DEAL
AN \$800 VALUE FREE
WITH THE PURCHASE OF 4 TIRES

3 YEARS FREE

- ✓ Comprehensive Roadside Assistance
- ✓ Rim and Tire Road Hazard Coverage
- ✓ Tire Rotations and Inspections

Finance your winter tires through Manitoba Public Insurance at birchwoodtires.ca

↑ BIRCHWOODTIRES.CA | TOLL FREE: 1-888-714-5789